



FRIDAY 29TH JANUARY, 2021

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## Nursery Snow Fun!

Much to our delight, we experienced snowfall over the weekend and the Nursery children were thrilled to be able to have the chance to play in the snow. They enjoyed the wintry change in the weather and welcomed the snow as an opportunity to indulge in a much-anticipated winter pastime - making snowballs and snowmen! The children commented on how pretty and fun it was to be able to play in the snow. It brought a much-needed change in these current circumstances and provided a lot of happiness for the children.



## Online Safety

Online Safety is an important part of keeping children safe at Rosedale Primary. In an ever-changing world, ensuring pupils' safety online has never been more important. As we continue to promote positive use of technology to ensure the safety of all our pupils, we kindly advise all parents, guardians and carers to educate their children on the importance of making positive and informed choices whilst online. Please ensure you are maintaining open and regular conversations with your child about what they are doing online and who they are interacting with. Please visit (<https://nationalonlinesafety.com/training>) where you will have access to a number of safety guides for the appropriate use of social media platforms such as TikTok and Instagram, video conferencing software such as Microsoft Teams, and popular gaming consoles.

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## Vaccine Fraud

The vaccine is a crucial tool in fighting coronavirus (COVID-19) and keeping people safe. Unfortunately, criminals have used this opportunity to take advantage of the COVID-19 vaccine rollout in order to commit fraud via phishing emails and scam text messages. As such, The NHS Counter Fraud Authority (NHSCFA) has issued a warning to the nation to be extra vigilant during this time. For guidance and support, please visit ([http://upload.reactcdn.co.uk/rosedale/uploads/document/2601\\_COVID-19\\_Vaccine\\_Fraud\\_Poster\\_V3.pdf](http://upload.reactcdn.co.uk/rosedale/uploads/document/2601_COVID-19_Vaccine_Fraud_Poster_V3.pdf)).

Please be extra cautious if you receive a communication purporting to be from the NHS demanding personal details. The vaccine is only available on the NHS and is free of charge. The NHS will never request your bank account or card details or personal documents proving your identity. If you have any concerns about the legitimacy of any communication, please visit the government website to report any internet scams and phishing: (<https://www.gov.uk/report-suspicious-emails-websites-phishing>). Alternatively, please visit (<https://cfa.nhs.uk/reportfraud>) for more information about how you will be contacted for your COVID-19 vaccine.

The NHS will never ask for:

- Your bank account or card details
- Your pin or banking password
- Copies of personal documents to prove your identity such as your passport, driving license, bills or pay slips

## Available Support Services


Maintaining good mental health is crucial to overall wellbeing. Fortunately, there are many support services available for children and young people.

SSS Learning has produced a free resource designed to offer advice on how families can safeguard their children's mental health and promote their wellbeing. For 10 top tips on practical ways to positively promote your child's mental health, please visit (<https://ssscpd.co.uk/education/parentsandguardians/child-mental-health-10-tips-for-parents/-/pj==>).

Kooth is a support service that provides ideas for relaxation and mindful activities to help reduce stress and anxiety, as well as offering emotional and mental health support; (<https://www.kooth.com/>). Additionally, YoungMinds is a national charity championing the emotional wellbeing and mental health of children by offering support, advice and guidance to ensure they can access the right help; (<https://youngminds.org.uk/>).

## Accessing Microsoft Teams

All children currently engaging in remote learning are expected to be accessing their classrooms virtually via Microsoft Teams. Children have received letters and guides on how to access their respective classrooms, along with an email address and password. For those still experiencing problems logging in, Microsoft Education has streamed a video outlining the process of signing in and navigating your teams: (<https://www.youtube.com/watch?v=qx8xHpRMFHU>).

|                                 |  | <b>Week Commencing: Monday 1st February</b><br><b>SPECIAL MENU</b> |  |
|--|--|--|--|
| <b>MONDAY</b>  |  |  |  |
| Meal Choice 1  | Chicken Goujons with Potato Wedges, Beans and Vegetables         | Halal  |  |
| Meal Choice 2  | Chicken Goujons with Potato Wedges, Beans and Vegetables         | Non Halal  |  |
| Meal Choice 3  | Cheese and Onion Quiche with Potato Wedges, Beans and Vegetables | Vegetarian   |  |
| <b>TUESDAY</b>   |  |  |  |
| Meal Choice 1  | Macaroni Cheese and Vegetables                                   | Vegetarian   |  |
| <b>WEDNESDAY</b>   |  |  |  |
| Meal Choice 1  | Baked Jacket Potato with Various Fillings                        | Vegetarian   |  |
| <b>THURSDAY</b>  |  |  |  |
| Meal Choice 1  | Chicken Sausages with Sliced Potatoes and Beans                  | Halal  |  |
| Meal Choice 2  | Pork Sausages with Sliced Potatoes and Beans                     | Non Halal  |  |
| Meal Choice 3  | Vegetarian Sausages with Sliced Potatoes and Beans               | Vegetarian   |  |
| <b>FRIDAY</b>  |  |  |  |
| Meal Choice 1  | Fish Fingers with Oven Cooked Chips and Beans                    |  |  |
| Meal Choice 2  | Guorn Nuggets with Oven Cooked Chips and Beans                   | Vegetarian   |  |
| <i>The daily dessert choices will be as follows:<br/>           Fresh Fruit, Yogurt, Jelly or Ice Cream pots</i> |  |  |  |

## Use of Social Media

Parents, guardians and carers are reminded that children must be 13 years of age in order to have a Facebook, Twitter, Instagram or Snapchat account, and 16 years of age to use WhatsApp. You can find more information on age restrictions from The Safer Internet Guide, available here: (<https://www.saferinternet.org.uk/blog/age-restrictions-social-media-services>). During lockdown, there may be an increase in children wanting to access social media and to communicate with others online, and we ask parents, guardians and carers to closely monitor this to prevent risks and help keep their children safe.

## Preventing Germs - Good Hygiene

Following the advice given by the World Health Organisation (WHO), it is imperative that you follow these basic protective measures against coronavirus:

- Washing your hands frequently
- Maintaining social distancing
- Avoid touching eyes, nose and mouth
- Practise respiratory hygiene

You must also follow the advice given by your healthcare provider, your national and local public health authority or your employer on how to protect yourself from COVID-19.

## Emergency Contact Details

In the best interest of your child's wellbeing whilst at school, it is vitally important, that in the event of an emergency, we are able to make contact with you or another emergency contact, as quickly as possible. To this end, we would like to remind all parents, guardians and carers to keep your contact details updated with the School and to ensure that you provide up to date details of at least two other emergency contacts for your child. If you need to make any changes to your child's contact details, you can do this via the School email address: [rosedaleprimary@trhat.org](mailto:rosedaleprimary@trhat.org). Thank you.